



July 2013

August Menu on other side (OVER)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 1 Orange Juice Baked Chicken w/ Pineapple Sauce Italian Vegetable Blend Black Eye Pea Salad Canned Apricots Wheat Bread Milk	2 Salisbury Steak w/ Gravy Steamed Spinach Mashed Potatoes Mixed Greens Wheat Bread Carrot Cake Milk	3 Vegetable Soup Crackers Chicken Parmesan Pasta Broccoli Garlic Bread Mandarin Oranges Milk	4 OBSERVED 	5 Roast Pork w/ Gravy Green Beans Marinated Tomato Salad Sweet Potato Whole Grain Bread Canned Peaches Milk
8 Apple Juice Crispy Fish w/Tartar Sauce Or Roast Beef w/ Gravy Green Beans Sweet Potato Coleslaw Whole Grain Bread Ice Cream Milk	9 Minestrone Soup Saltine Crackers Stir Fry Chicken Vegetables Fresh Oranges Wheat Bread Milk	10 Pineapple Juice Beef Enchilada Casserole Italian Vegetables Tossed Green Salad Banana Milk	11 Orange Glazed Chicken Rice Pilaf Carrots Spinach Salad Fresh Melon Milk	12 Orange Juice Turkey Meatballs w/ Italian Sauce Broccoli Tossed Salad Pineapple Chunks Wheat Bread Milk
15 Roast Turkey w/ Gravy & Cranberry Sc Chuck Wagon Veg Baked Potato Beet Salad Whole Grain Bread Pineapple Milk	16 Apple Juice Sloppy Joe Sandwich Carrots French Fries Coleslaw Whole Grain Bread Chocolate Chip Cookie Milk	17 Chicken Tostada or Chicken Enchilada Casserole Spanish Rice Black Beans Lettuce/Tomato Orange	18 Crispy Fish Summer Squash Baked Potato Marinated Tomatoes Wheat Bread Cantaloupe Milk	19 Orange Juice Vegetable Lasagna SF Vegetables Tossed Green Salad Whole Grain Bread Banana Milk
22 Beef Broccoli Stir Fry Broccoli in Casserole Chinese Noodles Carrot Raisin Salad Pears Milk	23 Lentil Soup Polynesian Chicken Salad Crackers Spinach & Romaine Oatmeal Cookie Milk	24 Tilapia Scampi Style SF Vegetables Mixed Green Salad Whole Grain Bread Melon Medley Milk	25 Baked Ziti Casserole Cauliflower Caesar Salad Garlic Bread Banana Milk	26 Orange Juice Meatloaf w/ Gravy Fresh Sweet Potato 3 Bean Salad Whole Grain Roll Ice Cream Milk
29 Special Event BBQ Chicken Baked Beans SF Vegetables Coleslaw Whole Grain Roll Special Dessert Milk	30 Pork Roast w/ Apricot Sauce Sweet Potato Normandy Vegetable Tossed Green Salad Whole Grain Bun Peaches Milk	31 Swedish Meatballs Pasta Carrot Coins Biscuit Ice Cream Milk	August 1 Lentil Soup Chicken Caesar Salad Crackers Romaine Lettuce Cantaloupe Milk	2 Salisbury Steak Baked Banana Squash Mashed Potatoes 4 Bean Salad Whole Grain Roll Mandarin Oranges Milk



August 2013

July Menu on other side (OVER)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 5 Apple Juice Pork Roast w/ Gravy Fresh Sweet Potato Broccoli Green Mixed Salad Chocolate Chip Cookie Milk	6 Chicken Cacciatore Chuck Wagon Corn Spinach Crackers Whole Grain Roll Strawberries Milk	7 BBQ Pork Sandwich Peas & Carrots Marinated Tomato Salad Whole Grain Bread Pineapple Chunks Milk	8 Baked Fish w/ Spanish Sauce Normandy Veggies Fresh Baked Sweet Potato Bean Salad Whole Grain Bread Fruit Compote Milk	9 Chicken Vegetable Soup Greek Chicken Salad Mashed Potatoes Romaine Salad Whole Grain Bread Fresh Orange Milk
12 Orange Juice Baked Chicken w/ Pineapple Sauce Italian Vegetable Blend Black Eye Pea Salad Canned Apricots Wheat Bread	13 Salisbury Steak w/ Gravy Steamed Spinach Mashed Potatoes Mixed Greens Wheat Bread Carrot Cake Milk	14 Vegetable Soup Crackers Chicken Parmesan Pasta Broccoli Garlic Bread Mandarin Oranges Milk	15 Roast Pork w/ Gravy Green Beans Marinated Tomato Salad Sweet Potato Whole Grain Bread Canned Peaches Milk	16 Apple Juice Crispy Fish w/Tartar Sauce Or Roast Beef w/Gravy Green Beans Sweet Potato Coleslaw Whole Grain Bread Ice Cream Milk
19 Orange Glazed Chicken Rice Pilaf Carrots Spinach Salad Fresh Melon Milk	20 Pineapple Juice Beef Enchilada Casserole Italian Vegetables Tossed Green Salad Banana Milk	21 Minestrone Soup Saltine Crackers Stir Fry Chicken Vegetables Fresh Oranges Wheat Bread Milk	22 Orange Juice Turkey Meatballs w/ Italian Sauce Broccoli Tossed Salad Sugar Cookie Wheat Bread Milk	23 Roast Turkey w/Gravy & Cranberry Sc Chuck Wagon Veg Baked Potato Beet Salad Whole Grain Bread Pineapple Milk
26 Apple Juice Sloppy Joe Sandwich Carrots French Fries Coleslaw Whole Grain Bread Chocolate Chip Cookie Milk	27 Chicken Tostada or Chicken Enchilada Casserole Spanish Rice Black Beans Lettuce/Tomato Orange	28 Crispy Fish Summer Squash Baked Potato Marinated Tomatoes Wheat Bread Cantaloupe Milk	29 Orange Juice Vegetable Lasagna SF Vegetables Tossed Green Salad Whole Grain Bread Banana Milk	30 Beef Broccoli Stir Fry Broccoli in Casserole Chinese Noodles Carrot Raisin Salad Pears Milk
September 2 Herb Roasted Chicken Brown Rice Normandy Vegetable Tossed Green Salad Whole Grain Bun Peaches Milk	3 Tilapia Scampi Style SF Vegetables Mixed Green Salad Whole Grain Bread Melon Medley Milk	4 Baked Ziti Casserole Cauliflower Caesar Salad Garlic Bread Banana Milk	5 Orange Juice Meatloaf w/ Gravy Fresh Sweet Potato Lentil Soup Whole Grain Roll Ice Cream Milk	6 Lentil Soup Polynesian Chicken Salad Crackers Spinach & Romaine Oatmeal Cookie Milk

MENUS SUBJECT TO CHANGE WITH OUT NOTICE